



---

## **VAGAL MANEUVERS**

---

### **FIELD ASSESSMENT/TREATMENT INDICATORS**

Stable Narrow Complex Tachycardias.

### **RELATIVE CONTRAINDICATIONS**

1. Hypertension.
2. Suspected STEMI.
3. Suspected head/brain injury.

### **PROCEDURE**

1. Explain procedure to patient.
2. Have patient perform one of the following procedures:
  - a. Have the patient pinch nostrils together, close mouth and blow against a closed glottis.
  - b. Have patient bear down as if having a bowel movement.
3. All procedures should be performed until arrhythmia is terminated or for a maximum of ten (10) seconds.
4. Reassess cardiac and hemodynamic status. Document rhythm before, during and after procedure.
5. If rhythm does not convert within ten (10) seconds, follow Protocol Reference #11050, Adult Tachycardias.